



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
increase communication

• lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer

Winter 2022 Program Guide

WINTER 2022

IN THIS ISSUE:

Adult Art	p. 4	Open Gyms	p. 8
Adult Fitness	p. 5-6	Special Events	p. 3
CES Programs	p. 11-12	Tot Programs	p. 9-10
Golf Lessons	p. 6	Trips	p. 3
HHES Programs	p. 13-14	WMS Programs	p. 15
Kids Crafts	p. 4	Yogaspace	p. 7
Music Lessons	p. 8	Youth Fitness	p. 10

CONTACT US:

Brookfield Parks & Recreation
162 Whisconier Rd.
Brookfield, CT 06804
203-775-7310

www.brookfieldct.gov/rec

Office Hours:

Monday – Friday 8:30am – 4:30pm



Like us on Facebook for up to date information and announcements.
@ Brookfield, Connecticut Parks & Recreation

RECREATION STAFF:

Mary Knox	Director, Parks & Recreation
Dan Gagne	Recreation Supervisor
Liz Burandt	Administrative Assistant

PARKS STAFF:

Chris Rabuse	Parks Supervisor
Chris Shaw	Grounds Crew Leader
Rob Haggarty	Parks Maintainer
Mike Schaniel	Parks Maintainer
Chris Montchal	Parks Maintainer

COMMISSION:

Joei Grudzinski (Chair)
Bryan Chnowski (Vice Chair)

Ed Butt	Rob Blick
Cassie Dunn	John Mangold
Tom Murphy	Renee Santiago

Liz Burandt Recording Secretary

WINTER 2022



Mission Statement

It is the mission of the Brookfield Parks & Recreation Department to respond to the ever-changing needs of our residents by providing the foundation for enhanced community interaction and enjoyment. To enhance the quality of life for all ages and abilities by providing healthy and affordable recreation opportunities with an emphasis on safe, attractive and well managed public properties, parks, and school grounds.

Mask Guidance

Masks are currently required for all participants in recreation programs held in school buildings through 2/15/22 per Executive Order 14. Masking for programs held in other buildings and after 2/15/22 will be communicated prior to the start of the program.

Weather Cancellations

Brookfield Parks and Recreation programs and events may be postponed or cancelled due to winter weather.



- If Brookfield Schools are closed because of weather, all programs are cancelled for that day.
- If Brookfield Schools have a delayed opening, all programs which begin before 12:00 noon are cancelled. All afternoon and evening programs meet as scheduled.
- If Brookfield Schools have a weather-related early dismissal, all afternoon and evening programs are cancelled.

When weather events occur at night, on weekends or on days when school is not in session, cancellation decisions will be made by the Parks and Recreation Office in cooperation with the appropriate agencies. Registered participants will receive an email notifying them of any cancellation. Notice will also be posted on our Facebook page.

SPECIAL EVENTS

24th Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, April 9th. Additional features include jellybean counting contest and a special appearance by a famous bunny. Bags will be provided for egg collecting. Call the Parks & Recreation office to register. Cost is \$5 per child or \$10 family max. Open to Brookfield residents in grades 4 or younger. Hunts every 30 minutes between 10:30am—1:00pm. The 10:30am hunt is reserved for those 5 & under. Registration is required at 203-775-7310.

Day: Saturday **Date:** 4/9

Time: 30 minute hunts between 10:30am-1:00pm

Fee: \$5.00pp/\$10.00 Family Max

Place: Brookfield Town Hall, 100 Pocono Rd.



22nd Annual Flashlight Egg Hunt



Just for Brookfield students in grades 3-5! The hunt will be held on the grounds of Town Hall at 8pm sharp and will last approximately 20 minutes. All participants must bring their own flashlight. Bags will be provided for collecting. Cost is \$5 per child or \$10 family max. Registration is required at 203-775-7310.

Day: Friday **Date:** 4/8 **Time:** 8:00pm

Fee: \$5.00pp/\$10.00 Family Max

Place: Brookfield Town Hall, 100 Pocono Rd.

Nature Hikes & Crafts

This hiking program is open to boys and girls in grades 2-5. Meet at Williams Park entrance across from the library. The group will hike Williams Park trails with nature themed games and activities. Each child will complete a craft project to take home. Separate programs will be held in March and April which will be led by Parks & Recreation staff. Sign up for one, the other, or both!



Day: Saturday **Time:** 9:00—11:00am

Place: Williams Park **Fee:** \$20.00

March: 3/26 **April:** 4/16

SPECIAL EVENTS

Adult, Child & Infant CPR/AED/First Aid

This course covers CPR/AED and basic first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real-life scenarios. Upon completion, course includes American Health & Safety Institute certification in Adult and Pediatric CPR/AED with basic first aid, valid for two years and hard case pocket mask. Participants will have separate training stations and follow current mask guidelines.



Day: Saturday **Time:** 9:00am—2:00pm

Dates: 3/26 **Fee:** \$95.00

Place: Town Hall Meeting Room

Instructor: Charles Teich

TRIPS

Ellis Island & Statue of Liberty

Join Brookfield Parks & Recreation and Friendship Tours on a trip to NYC, Ellis Island and the Statue of Liberty. Your reserved ferry ticket includes entry to the Ellis Island Museum, the Statue of Liberty Museum & audio guides for both islands. Ferry departs from Liberty Park, NJ. A Friendship Tours Guide will help you navigate this day. Entry to Crown & Pedestal not included. Lunch not included. There is a moderate amount of walking on this trip. Bus departs and returns to Brookfield Town Hall, 100 Pocono Rd. [Full trip details here.](#)



Day: Saturday **Date:** 5/14

Time: 8:15am—7:00pm **Fee:** \$105.00pp

Block Island

Take a break and spend the day on beautiful Block Island! Catch a ride on the ferry for a delightful 1 hour cruise from Point Judith, RI to Block Island. Walk only a short distance from the ferry to the National Hotel that overlooks the Atlantic. Lunch included. Menu choice in advance. [Full trip details here.](#) A Friendship Tours Guide will help you navigate this day. Bus departs and returns to Brookfield Town Hall, 100 Pocono Rd.



Day: Saturday **Time:** 6:15am—9:30pm

Date: 6/25 **Fee:** \$150.00pp

ADULT ART CLASSES

Decorative Painting

Have you ever wanted to learn how to paint, but thought it might be too difficult? Or, maybe you've painted before, and want to try it again? This course is designed for both beginners and those who have some prior experience. Decorative painting is a fun and easy way of creating art on both functional and non-functional surfaces. In this step-by-step course, you will paint a winter themed painting designed by the instructor while learning a variety of techniques and brushstrokes. Paints, brushes, and basic supplies will be provided by the instructor. Students will need to purchase a 9x12" canvas (available at Michaels) prior to class.

Day: Wednesday **Time:** 1:00—3:00pm

Dates: 2/2—3/30 (8 wks ~ no class 3/2)

Instructor: Pamela Cassidy **Fee:** \$120.00

Location: Town Hall Room 129



Watercolor for Adults

Whether you are just starting out, or someone that has painted for a while, this class is to help students at every level. Participants will learn to use color in exciting ways: the group will focus on color theory, learning to mix colors with the color wheel, mixing compliments, mix various grays, discussing how color can express a wide range of emotions, learn about value and intensity, and many different watercolor techniques. By the third class, you will have a painting to work on at your own speed while applying the knowledge you have learned. There will be demonstrations and individual attention each class. Each participant will work from a photo that inspires them or a still life you want to bring to class. All participants will walk away with a strong understanding of watercolor painting. A materials list will be emailed prior to the start of the class.

Day: Tuesday **Time:** 5:30—7:30pm

Dates: 2/15—4/5 (8 wks)

Day: Friday **Time:** 10:00—12:00pm

Dates: 2/18—4/8 (8 wks ~ no class 2/11)

Instructor: Victoria Lange **Fee:** \$120.00

Location: Town Hall Room 129

KIDS CRAFT WORKSHOPS

Valentine's Day Craft Workshop

Join us for a heart filled craft workshop! Children will enjoy creating Valentine's Day themed crafts to gift or to keep for decoration. Ages 3 – kindergarten participate with a parent or caregiver; for grades 1-4 this is a drop off program.

Day: Saturday **Dates:** 2/12 **Fee:** \$15.00

Time: Ages 3—K—9:30-10:30am

Grades 1-4: 10:30-11:30am

Place: Town Hall Room, 100 Pocono Rd.



Spring Craft Workshop



Spring is in the air! This craft workshop will be blooming with fun as children will create spring-time themed craft projects. Ages 3 – kindergarten participate with a parent or caregiver; for grades 1-4 this is a drop off program.

Day: Saturday **Dates:** 3/19 **Fee:** \$15.00

Time: Ages 3—K—9:30-10:30am

Grades 1-4: 10:30-11:30am

Place: Town Hall Room, 100 Pocono Rd.

CRAFT KITS—TO GO!

Grab & go craft kits contain 4-5 themed crafts suitable for ages 3-10. Craft kits are perfect to have for rainy days or times you are looking for an activity!

Some adult assistance required for younger crafters.

Fee: \$10 per kit

Pickup at 162 Whisconier Rd.

Valentine's Day Kit—Pickup after 1/31



St. Patrick's Day Kit—Pickup after 3/1



Spring Blooms Craft Kit—Pickup after 3/14



ADULT FITNESS

Tai Chi Quan

Tai Chi literal translation means “supreme ultimate” or “grand ultimate” and refers to the balance of two distinct opposing cosmological energies, yin and yang. Chuan or Quan means fist. Tai Chi Quan is a fist system (Chinese boxing) that blends softness with energetic movement in accordance with the theory of complementary interaction between yin and yang energies. Tai Chi follows the principles of Qi Gong and Traditional Chinese Medicine and has been known to be called “moving” Qi Gong. It is suitable for everyone regardless of age, gender, physical condition, even those suffering from chronic conditions.

The characteristics of a Tai Chi Quan system are stillness, lightness, agility, slowness, relaxation of the entire body, with everything guided by using the mind and not force. It is performed in the moment, slowly with internal focus fully conscious of every breath and movement the body makes. The slow flowing movements are practiced over time to bring precision and beauty to form. The major benefits being overall fitness and health and ultimately increasing longevity. In older practitioners it is said to return the vigor of youth. No special equipment is required, just wear loose comfortable clothing and footwear.

Day: Friday **Time:** 6:30—7:30pm
Dates: 1/28—3/4 (6 wks) **Fee:** \$66.00
Place: Center School Gym, 8 Obtuse Hill Rd.
Instructor: Vincent Candela

Simply Slowly Stretch



Would you like to increase your flexibility? Strengthen the muscles that support your back and core? Through standing postures and floor work, you'll use the resistance of your own body to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels. Participants should be comfortable working on the floor (mats). Bring a water bottle & mat or towel.

Day: Tuesday **Time:** 6:30—7:30pm
Dates: 2/1—3/15 (6 wks ~ No class 2/22)
Fee: \$66.00 **Instructor:** Phyllis Babuini
Place: CES Gym, 8 Obtuse Hill Rd.



ADULT FITNESS

Tai Chi Qi Gong



Qi gong is the art of moving Qi (life energy) around the body in a mindful way over time with concentrated effort and patience. It involves repeating different sequences of natural flowing poses using deep abdominal breathing to guide motions. This moving Qi keeps the energy channels in the body open and free from obstructions that can cause sickness and disease. Frequent or daily practice can keep the body energized, limber, relaxed, stress free, fit and healthy.

Some of the benefits of a regular Qi Gong practice include - strengthening your immune system, improve core strength and balance, reduce or eliminate bodily pain, reduce stress and anxiety, improve glucose metabolism and bone density, promote more efficient waste elimination, and improve neurological conditions like chronic headaches, insomnia, memory issues, Parkinson's and MS, and many more. No special equipment is required, just wear loose comfortable clothing and footwear.

Day: Friday **Time:** 6:30—7:30pm **Fee:** \$44.00
Dates: 3/18—4/8 (4 wks)
Place: Center School Gym, 8 Obtuse Hill Rd.
Instructor: Vincent Candela

Train for a 5k



Are you interested in running a 5k road race (3.1 miles)? Are you a walker who wants to try running or try to get your fitness back? Join Cassie Dunn in a group setting for a series of training runs this spring. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! The location for this class is the BHS track which is subject to change depending on availability. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.*

Day: Saturday **Time:** 8:00—9:00am
Dates: 4/2—5/7 (6 wks) **Fee:** \$72.00
Place: BHS Track, 45 Long Meadow Hill Rd.

ADULT FITNESS

Zumba



Zumba is based on the principal that exercise should be fun, which helps you stick with the program until you get results & helps long-term health. It is a feel good exercise program designed with a fusion of world music and spicy dance rhythms. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high-energy, heart-pumping workout you'll want to do over & over. Bring your water bottle! Masks must be worn inside the school through 2/15. Updated guidance will be communicated at that time.

Day: Tuesday **Time:** 6:30—7:30pm

Dates: 2/1—3/29 (8 wks ~ no class 2/22)

Fee: \$88.00 **Place:** HHES Upper Gym

Instructor: Annette Kokkola-McLean

Beginner Pilates Mat

Join us for a gentle Pilates class that focuses on strengthening the core. Classes will incorporate several exercises to improve strength, flexibility, and stability. Masks are required to be worn and a minimum of 5 sign ups in order to run the class. Wear comfortable clothing to move and stretch in. Bring a water bottle.



Day: Monday **Time:** 5:15—6:00pm

Dates: 2/7—2/28 (4 wks) **Fee:** \$80.00

Place: Fit for You Pilates, 195 Federal Rd.

Yoga

This mixed level class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement, class infused with balance work and optional challenges, with modifications provided for all levels. Beginners are welcome. Wear comfortable clothes. Bring your own mat, water, blocks or straps if you have them and like to use them. Mask guidance will be communicated prior to the start of the class.



Day: Tuesday **Time:** 4:45—5:45pm

Dates: 1/11—2/29 (7 wks) **Fee:** \$84.00

Place: HHES Upper Gym

Instructor: Sharon Poarch RPT, RYT-200

GOLF LESSONS

Adult Novice Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as get them prepared to play and enjoy the game. Beginners, who have never played, and more experienced players who want to improve their game will benefit from these classes.



Class 1: Introduction/set-up and swing with irons.

Class 2: Review/set-up and swing with woods.

Class 3: Pitch shots and bunker play.

Class 4: Chipping and putting.

During classes, the group will also work on faults and fixes, drills, rules & etiquette, course management and strategy, some computer video swing analysis and more. Bring your own clubs or Golf Quest will provide them for you. A 7 & 5-iron will be used during the first class. Women's only classes are offered for those who may feel more comfortable in that setting. If there are not enough participants, these classes may be combined. www.golfquestranges.com

February: Wednesdays 2/2—2/23

March: Thursdays 3/3—3/24

April: Wednesdays 4/6—4/27

Women's Only Beginner Lessons

February: Thursdays 2/3—2/24

March: Wednesdays 3/2—3/23

April: Thursdays 4/7—4/8

Fee: \$150.00

Time: 6:00—7:00pm

Place: Golf Quest, 1 Sand Cut Rd., Brookfield

Juniors (Ages 7-14)

More information on Jr Lessons available on page 16.

February: Wednesdays 2/2—2/23

March: Thursdays 3/3—3/24

April: Wednesdays 4/6—4/27

Fee: \$150.00

Time: 4:30—5:30pm

Place: Golf Quest, 1 Sand Cut Rd., Brookfield



YOGASPACE

All YogaSpace classes take place at the
YogaSpace Studios, 78 Stony Hill Rd., Bethel, CT.

YOGASPACE

Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary! **Buy one, six class pass and attend any of the following classes for \$90.00.** Mixing and matching of days is allowed. All classes available in person or livestreamed. Thursday's class is livestreamed only.

Day: Monday **Instructor:** Debbie Isaacs

Time: 12:00—1:15pm OR 7:30—8:45pm

Dates: 1/24—3/14 (pick 6 classes over 8 weeks)

Day: Wednesday **Instructor:** Debbie Isaacs

Time: 6:00—7:15pm

Dates: 1/26—3/16 (pick 6 classes over 8 weeks)

Day: Thursday **Instructor:** Heather Morgado

Time: 12:00—1:15pm (livestream only)

Dates: 1/27—3/17 (pick 6 classes over 8 weeks)

Day: Saturday **Instructor:** Heather Morgado

Time: 10:00—11:15am

Dates: 1/29—3/19 (pick 6 classes over 8 weeks)

Yoga Beyond the Basics: Six Class Pass

Ready to take your yoga practice to the next level?
Or perhaps you would like to explore something new?
YogaSpace offers 25 classes per week!

Use this specially discounted pass to sample any of YogaSpace's regularly [scheduled classes](#). Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced classes. Or perhaps go for a deeper yoga experience with a Gentle or Yin class. All classes available in person or livestreamed. **\$90.00 for six classes.**

Schedule: <https://www.yogaspace-ct.com/schedule>

Day: Varies (see schedule at link above)

Dates: 1/21—3/18 (pick 6 classes over 8 weeks)



YOGASPACE

Discover Kundalini Yoga



The science of Kundalini Yoga is an ancient technology that was kept secret for thousands of years until Yogi Bhanan came to the west in 1968. It is considered one of the most powerful and comprehensive forms of yoga and the fastest way to establish an aligned relationship between body, mind, and spirit. This is an introductory class, taught by Susan Shaner, who will review all the basics of Kundalini Yoga, including postures (asanas) dynamic movement, sound current (mantra) breath (pranayam) and meditation. Through specific sets of practices, called "kriyas," you'll learn to strengthen and balance your bodily systems, cultivate objective awareness, and experience greater clarity & emotional balance. All levels welcome. "Travel light, live light, spread the light, be the light." All classes available in person or livestreamed. **\$90.00 for 6 classes.**

Day: Friday **Time:** 6:00 – 7:30pm

Dates: 1/21 – 3/18 (pick 6 classes over 8 weeks)

Instructor: Susan Shaner MA, MS, RYT,
PCC (Darshan Jot Kaur)



Pre/Post Natal Yoga

This nurturing and fun gentle yoga class is designed to strengthen, stretch and embrace the changes in a women's body during and after their pregnancy. Soon to be moms and recent moms will learn what poses are appropriate for them, as well as meditation and breathing techniques to promote concentration, relaxation and renewed energy. This class is the perfect way to connect with other moms and build that special bond with your baby. Post natal moms, feel free to bring your baby (up to 1 year old) with you in a carrier or bring a blanket for the baby to rest on. Be prepared to practice yoga, but also know its completely fine to take breaks to attend to, feed or change your baby. Anything goes in our Pre-Natal/ Post-Natal Class! No prior experience necessary and permission from your doctor is highly recommended. If a spouse or partner would like to join, the standard drop in fee will apply. All classes available in person or livestreamed. **\$90.00 for 6 classes.**

Day: Tuesday **Time:** 6:00 – 7:15pm

Dates: 1/25—3/22 (pick 6 classes over 8 weeks)

Instructor: Heather Morgado

OPEN GYMS

Open Volleyball

Wednesday night play for Brookfield residents and their guests age 18+. The fee is \$5.00pp payable at the door. Open gym is canceled on days when school is not in session or dismisses early. Open gyms dates may be cancelled at any time due to school programs or athletics.



Days: Wednesday **Time:** 7:45 – 9:30pm

Dates: 1/5—4/13/22 **Place:** WMS Gym

Fee: \$5.00/night

Open Basketball



Monday night open gym for Brookfield residents and their guests age 18+. The fee is \$5.00pp each night payable at the door. There is no open gym on 1/17, 1/31, 2/7 and 2/21 and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled due to school programs or athletics.

Days: Monday **Time:** 8:00 – 9:30pm

Dates: 1/3—3/28/22 **Place:** BHS Gym

Fee: \$5.00/night

Pickleball



Drop in Pickle ball will be available to adults 18+ at Center School during February and March. Drop in rate is \$5.00 per night payable to supervisor.

Days: Monday **Time:** 5:00—7:00pm

Dates: 2/7—3/28 (7 wks ~ no meeting 2/21)

Place: CES Gym **Fee:** \$5.00/night

Family Open Gym

Families are invited to sign up for open gym time on Saturday afternoons at Whisconier Middle School. Each Saturday afternoon, gym space will be available to shoot some hoops, play pass, and get some energy out. At the current time, masks must be worn inside schools. A minimum of 10 families will be required for the gym space to be open.

Days: Saturday **Time:** 4:30—5:30pm

Dates: 1/29—2/26 (4 wks ~ no meeting 2/19)

Place: WMS Gym **Fee:** \$30/family

MEN'S SOFTBALL LEAGUE

Mandatory Meeting

For new and returning teams interested in playing during the 2022 season at Cadigan Park. Join us Tuesday, February 22nd at 7pm in Town Hall. Information only, no deposit due. For more information, please contact League Director Jason Maxwell at jamaxwell@hotmail.com.

MUSIC LESSONS

Guitar Lessons



Have fun learning the fundamentals of guitar from our talented local singer, songwriter, and guitarist! Frank Enea, creator of "The Night Begins to Shine" and character on Cartoon Networks hit show "Teen Titans Go!" will offer in-person or virtual lessons. Playing guitar is a lifelong hobby and assists in a child's development, instills confidence, inspires creativity, and yeah, it's cool too! This one on one lesson is customized to meet the students own goals and skill sets. Lessons time will be set directly with Frank. Check out his website by [clicking here](#). Further questions can be emailed to satellitemusicco@gmail.com.

Lessons: Four, 30-minute Lessons

Fee: \$200.00 **Day:** Wednesdays

Time: 30 minutes between 4:00-6:00pm

Place: WMS Music Room

Drumming Lessons

Face the Music Together(!) with Don O'Keefe, private drum instructor and a Berklee College of Music Alumni with over 40 years experience performing and teaching. Don teaches all ages and skill levels and is a highly recommended teacher by many of the local school band instructors. He believes that every drummer, teacher and student alike, has a voice to



offer to the drumming community and those willing to put in the time can become proficient at the drums. Don can offer you or your kids the proper guidance on a musical journey!

Check out his [website for more info](#) and email or call Don directly for scheduling.

FaceTheMusicTogether@yahoo.com

203-731-4053

US SPORTS SQUIRTS

US SPORTS SQUIRTS

Spring Session Dates: **Saturdays:** 4/23—6/18 **Sundays:** 4/24—6/19 **Thursdays:** 4/21—6/9
*no classes Memorial Day Weekend 5/28 & 5/29
Fee: \$170.00 **Location:** Town Hall Activity Field, 100 Pocono Rd.

Squirts Multi-Sport (Ages 3-5)

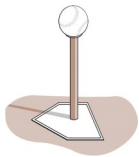


This USSI program allows children to experience a different sport each week. This is the perfect intro to athletics for your future athlete! All sports are taught in a safe, structured and fun learning environment. Each session is comprised of games & activities designed to ensure learning & most importantly, FUN! Participants will experience lacrosse, soccer, t-ball, track & field & flag football. Each child receives a USSI t-shirt.

Class Options:

- **Day:** Saturday **Time:** 9:00—9:50am
- **Day:** Saturday **Time:** 11:00—11:50am

Squirts T-Ball (Ages 3-5)



USSI T-Ball Squirts is a great way to introduce your young slugger to the game of baseball or softball. Open to boys and girls, the program will utilize fun games and activities to help develop their skills in hitting, throwing, base running, and fielding. At the end of each session, participants will apply these skills into realistic mini game situations. Each child receives a US Sports Institute t-shirt.

Class Options:

- **Day:** Saturday **Time:** 10:00—10:50am
- **Day:** Saturday **Time:** 11:00—11:50am
- **Day:** Sunday **Time:** 12:00—12:50pm
- **Day:** Thursday **Time:** 4:00—4:50pm



More information and online registration available at:

www.ussportsinstitute.com

Registration also available through Parks & Recreation

203-775-7310

Parent & Me Soccer Squirts (Ages 2-3)

With a parent participating by their side, toddlers learn the fundamentals of soccer through a series of structured activities, fun-based games, and scrimmages. Each session focuses on maximizing participation and learning through a variety of games designed to stimulate a child's imagination and develop motor skills. Parents can spend quality time with their child while easing them into social situations with support and confidence. Each child receives a US Sports Institute t-shirt.

Class Options:

- **Day:** Saturday **Time:** 9:00—9:50am
- **Day:** Sunday **Time:** 9:00—9:50am



Squirts Soccer (Ages 3-5)

USSI's Soccer Squirts is the perfect introduction to the most popular sport in the world! Boys and girls ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Soccer Squirts classes are taught through structured activities, fun games and scrimmages designed to ensure learning, and most importantly, fun, fun, fun! Each child receives a US Sports Institute t-shirt.

Class Options:

- **Day:** Sunday **Time:** 10:00—10:50am
- **Day:** Thursday **Time:** 5:00—5:50pm

Parent & Me Multi-Sport Squirts (Ages 2-3)



With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport each class, which may include soccer, lacrosse, T-ball & flag football. Each child receives a US Sports Institute t-shirt.

Class Options:

- **Day:** Saturday **Time:** 10:00—10:50am
- **Day:** Sunday **Time:** 11:00—11:50am
- **Day:** Thursday **Time:** 3:00—3:50pm

TOT PROGRAMS

Ballet for Tots

This class will introduce boys and girls, ages 3-5, beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance at the end of the last class for family and friends.

Recommended attire:

Girls – leotard, tights, ballet shoes.

Boys – t-shirt, sweatpants, and ballet shoes.

Day: Thursday **Time:** 10:30—11:30am

Dates: 1/27—3/3 (6 wks) **Fee:** \$85.00

Place: Congregational Church Room

Instructor: Tatiana Prip



SPRING BREAK CAMP

Camp Cadigan

This multi-sport camp takes place during the Brookfield Public Schools spring break. Students in grades 2-6 are

invited to attend this half day camp and play a variety of sports and games at Cadigan Park. Each day, campers will participate in sport related activities and large group games in sports such as soccer, kickball, flag football, backyard games, racquet sports, and more! This program takes place outdoors and may be cancelled for inclement weather. Friday, 4/22, will be held as a makeup day in case of any postponements. Campers should wear weather appropriate clothing that is easy to run around in and sneakers. There be breaks each day so bring a snack or two and water bottles for the morning.

Day: Monday—Thursday

Time: 8:30am –12:00pm

Dates: 4/18—4/21 (4 days) **Fee:** \$144.00

Place: Cadigan Park, 500 Candlewood Lake Rd.



YOUTH FITNESS

Kids Train for a 5k



Do you like running and want to try longer distance running or are you interested in running a 5k road race (3.1 miles) in the future? Are you a runner already or have never run before? Children, ages 9-13, are invited to join Cassie Dunn on Saturday mornings for some running workouts in a group setting. All abilities encouraged to join! The group will run together each week and be given challenges to complete at home. All workouts will be customized to each child's level of fitness and comfort. Come join us! Please come dressed to run and bring a water bottle. Mask and social distancing requirements will be emailed to those registered at the time of the class. The location for this class is the BHS track which is subject to change depending on availability. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.*

Day: Saturday

Time: 9:15—10:00am

Dates: 4/2—5/7 (6 wks)

Fee: \$60.00

Place: BHS Track, 45 Long Meadow Hill Rd.

Kids Pilates

For ages 5-10.

Join Miss Alysa for 30 minutes of movement!



Class will incorporate basic Pilates exercises & movement activities to encourage the importance of fitness in a fun way. A minimum of 4 students to run the class, masks required to be worn. Mats and grippy socks recommended. Available for purchase at the studio (\$15). Mats can be borrowed as well.

Day: Saturday

Time: 11:15—11:45am

Dates: 2/5—3/5 (4 wks ~ no class 2/12)

Fee: \$60.00

Instructor: Alysa O'Donovan

Place: Fit for You Studio, 195 Federal Rd, Brookfield

CENTER AFTER SCHOOL

Wizards School of Magic K/1



Students in grades K & 1 will learn four magic tricks from full-time professional magician Tom O'Brien after school at Center School. Tom has performed hundreds of shows around Litchfield and Fairfield counties and appeared on Fox 61 and WSFB's Better Connecticut. Tom

O'Brien is a master of his craft and is superb at entertaining children while teaching. Students will receive their own magic kits containing props to perform at home, and a magic wand! Register before the spaces – alakazam – disappear!

Instructor: Tom O'Brien **Place:** CES Room

Abracadabra - Magic Workshop 1:

Friday, January 21st **Time:** 3:30—4:30pm

Hocus Pocus – Magic Workshop 2:

Friday, April 8th **Time:** 3:30—4:30pm

Fee: \$18.00/workshop

Intro to Taekwondo

Taekwondo teaches much more than kicks, punches, and defense. It can also help children focus, become peaceful, and gain the confidence needed in school and life in a fun and exciting way. World Champion Taekwondo's instructors will allow your child to try out the sport right after school. Dress in loose clothing & bring a water bottle. Parents will have the option to purchase a uniform (\$40). A belt test will be an option for student to take on a TBD date after the conclusion of the program. The uniform is needed for the belt test and uniform fee will be deducted if you become a member.

Additional fees apply (\$65, belt, trophy, registration). This program takes place at the WCT Studio. No transportation provided, parents must arrange after school transportation.

Day: Friday **Time:** 4:20—4:55pm

Dates: 2/4—4/8 (9 wks ~ no class 2/18)

Fee: \$129.00

Place: WCT, 317 Federal Rd., Brookfield.



CENTER AFTER SCHOOL

Drawing Mixed Media



Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-

competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more info, visit www.paintdrawmore.com.

Day: Thursday **Time:** 3:30—4:30pm

Session 1: 1/27—2/17 (4 wks)

Session 2: 3/3—4/7 (4 wks ~ no class 3/10, 3/17)

Spring Session: 4/28—5/26 (5 wks)

Fee: \$90.00

Spring Session: \$110.00

Place: CES Room **Instructor:** Steve Burke

Ballet for K/1



This class will introduce boys and girls in grades K and 1 to age appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance in the last class for family and friends. Recommended attire: Girls – leotard, tights, ballet shoes.

Boys – t-shirt, sweatpants, and ballet shoes.

Day: Friday **Time:** 3:30 – 4:30pm

Dates: 1/28—3/25 (8 wks ~ no class 3/18)

Place: CES Gym

Fee: \$96.00

Instructors: Tatiana Prip

CENTER AFTER SCHOOL

Kids Yoga (Grades K/1)



Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class for grades K and 1 meets each child where they are and playfully

invites children to improve strength, flexibility, and coordination through basic yoga poses. Children will learn strategies to improve focus and self-regulation, learning to calm their bodies down through self-awareness and breathing techniques. Through the practice of relaxation, yoga poses, partner and group poses, and yoga games children will learn self-respect and respect for others. Kids should wear comfortable clothes that are easy to move in and will participate barefoot. Please bring a water bottle; yoga mats will be provided. Instructor Sharon Poarch is a Physical Therapist with the Brookfield Schools with certifications as a yoga instructor.

Day: Monday **Time:** 3:30 – 4:30pm

Dates: 1/24—3/21 (8 wks ~ no class 2/21)

Place: CES Music Room **Fee:** \$80.00

Instructor: Sharon Poarch RPT, RYT-200

Net Generation Tennis

This program is for beginners or players on a path to develop their tennis skills in grades K/1. The program is taught with Net Generation games and lesson plans, a USTA national program for beginner and intermediate players. The class is highly interactive with all players constantly participating. Players should wear loose comfortable clothing and sneakers. Extra racquets are available.



Day: Tuesday **Time:** 3:30—4:30pm

Dates: 2/1—4/5 (8 wks ~ no class 2/22)

Fee: \$120.00 **Place:** CES Gym

CENTER AFTER SCHOOL

TAG! You're It!



This high energy program will be a great way to end school day! This classic backyard game has hundreds of variations and includes capture the flag style games with teamwork and strategy! Each week the group will play the favorites and explore new ones. Please pack an extra water bottle for the class.

Day: Monday **Time:** 3:30 – 4:30pm

Date: 1/31—3/14 (6 wks ~ no class 2/21)

Fee: \$72.00 **Place:** CES Gym

Sports Celebrated



This longtime Parks & Rec. program will have a fresh look this winter! Sports Celebrated offers boys and girls in grades K/1 the opportunity to participate in a variety of sports related games and activities each week. These activities will help students to learn and develop their hand-eye coordination, balance and agility while teaching some of the basics of soccer, basketball and floor hockey.

Day: Thursday **Time:** 3:30 – 4:30pm

Dates: 2/10—3/24 (8 wks ~ no class 3/17)

Fee: \$72.00 **Place:** CES Gym

Instructor: Ashley DeFreitas

Crafty Kids



This after school arts & crafts program will have students unleashing their creativity on new themed projects each week! Every class, students will have the opportunity to create some memorable arts and crafts projects that may be used for gifts, decorations, keepsakes, or just fun! All materials provided.

Day: Wednesday **Time:** 3:30—4:30pm

Dates: 2/9—3/16 (8 wks) **Fee:** \$96.00

Place: CES Room

Instructor: Ashley DeFreitas

HHES AFTER SCHOOL

Wizards School of Magic 2-4



Students in grades 2-4 will learn four magic tricks from full-time professional magician Tom O'Brien after school at Huckleberry. Tom has performed hundreds of shows around Litchfield and Fairfield counties and appeared on Fox 61 and WSFB's Better Connecticut. Tom O'Brien is a master of his craft and is superb at entertaining children while teaching. Students will receive their own magic kits containing props to perform at home, and a magic wand! Register before the spaces – alakazam – disappear!

Abacadabra - Magic Workshop 1:

Tuesday, January 25th **Time:** 3:30 – 4:30pm

Hocus Pocus – Magic Workshop 2:

Tuesday, March 1st **Time:** 3:30 – 4:30pm

Fee: \$18.00/workshop **Place:** HHES Room

Crafty Kids

This after school arts & crafts program will have students unleashing their creativity on new themed projects each week! Every class, students will have the opportunity to create some memorable arts and crafts projects that may be used for gifts, decorations, keepsakes, or just fun!



Day: Tuesday **Time:** 3:30—4:30pm

Dates: 2/8—4/5 (8 wks ~ no class 2/22)

Fee: \$96.00 **Place:** HHES Room

Instructor: Ashley DeFreitas

Mad Science ~ Crazy Chemworks



Get your goggles and lab coats ready! Bubbling dry ice, crazy chemical reactions, and big explosions will be happening in this MAD LAB! Your scientists will be doing hands on chemistry while learning the basics of the science! They will be creating chemical reactions such as the infamous elephant toothpaste that they can't stop talking about and slime they think they have perfected but have not! Every student receives a lab coat, goggles, and specialty designed Mad Science take homes to help extend the learning at home.

Day: Monday **Time:** 3:30—4:30pm

Dates: 2/28—4/4 (6 wks) **Fee:** \$138.00

Place: HHES Room

HHES AFTER SCHOOL

Drawing Mixed Media

Paint Draw & More is proud to have perfected the art of igniting children's creative instincts. Our fun and informative drawing and painting classes for older students and tweens are specially designed to build on your child's knowledge of drawing and teach them technical skills as they develop their own unique style. This program will provide a variety of drawing and painting mediums, or students can choose to bring their own. We encourage students to work in black and white, or color; whichever best achieves their vision. For more information visit, www.paintdrawmore.com.



Day: Friday **Time:** 3:30—4:30pm

Session 1: 1/28—2/18 (4 wks)

Session 2: 3/4—4/8 (4 wks ~ no class 3/18, 4/1)

Spring Session: 4/29—6/3 (5 wks ~ no class 5/27)

Fee: \$90.00 **Spring Session:** \$110.00

Place: HHES Upper Gym

Instructor: Susan Jackson

Find Your Happy Place

Are you ready for an exciting journey? Are you prepared to make new friends, play games, use your mind to create and learn some really awesome life lessons? Then this journey is for you. Boys and girls will visit topics on gratitude, positive-thinking, self-love, self-esteem building, resilience, good decision - making and compassion. Each week, the group will discover a different topic through games, crafts, writing, role-playing, and meditation. Come join this voyage and learn about yourself and the connection to the others around us!



Day: Wednesday **Time:** 3:30 – 4:30pm

Dates: 2/2—3/23 (8 wks) **Fee:** \$96.00

Place: HHES Upper Gym **Instructor:** Kelly Viera

HHES AFTER SCHOOL

Net Generation Tennis

This program is for beginners or players on a path to develop their tennis skills in grades 2-4. The program is taught with Net Generation games and lesson plans, a USTA national program for beginner and intermediate players. The class is highly interactive with all players constantly participating. Players should wear loose comfortable clothing and sneakers. Extra racquets are available.

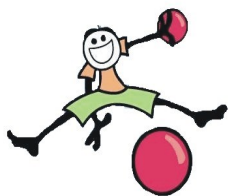


Day: Wednesday **Time:** 3:30—4:30pm

Dates: 2/2—3/23 (8 wks) **Fee:** \$120.00

Place: HHES Lower Gym

4th Grade Dodgeball



Mr. Cudney will offer a dodgeball program for 4th graders this fall. The group will learn the official rules of dodgeball, work on hand/eye coordination, and play games each week.

Day: Thursday **Time:** 3:30—4:30pm

Dates: 1/27—3/24 (8 wks ~ no class 3/17)

Fee: \$88.00 **Place:** HHES Lower Gym

Flag Football



Students in grades 2-4 will learn the rules and fundamentals in this non-contact class with Mr. Cudney. Drills, activities and scrimmages will be played each week.

Day: Tuesday **Time:** 3:30—4:30pm

Dates: 1/25—3/22 (8 wks ~ no class 2/22)

Fee: \$88.00 **Place:** HHES Lower Gym

Instructor: Matt Cudney

HHES AFTER SCHOOL

Intro to Taekwondo

Taekwondo teaches much more than kicks, punches, and defense. It can also help children focus, become peaceful, and gain the confidence needed in school and life in a fun and exciting way. World Champion Taekwondo's instructors will allow your child to try out the sport right after school. Dress in loose clothing & bring a water bottle. Parents will have the option to purchase a uniform (\$40). A belt test will be an option for student to take on a TBD date after the conclusion of the program. The uniform is needed for the belt test and uniform fee will be deducted if you become a member. Additional fees apply (\$65, belt, trophy, registration). This program takes place at the WCT Studio.



No transportation provided, parents must arrange after school transportation.

Day: Friday **Time:** 4:20—4:55pm

Dates: 2/4—4/8 (9 wks ~ no class 2/18)

Fee: \$129.00

Place: WCT, 317 Federal Rd., Brookfield.

WMS AFTER SCHOOL

Musical Theater Workshop

In this workshop, students will explore the many aspects of live theater! Students will have the chance to find their strengths and choose various studies within theater including acting, singing, creative movement, writing, directing, and technical design, all within a positive, team building environment. Each week, students will get to work on their parts that come together in a small performance. This workshop is led by Stacey Snyder, a trained professional singer in all styles and background in theater, acting, and literature. Students should bring an extra snack and water bottle each week.



Day: Wednesday **Time:** 2:45—4:45pm

Dates: 1/26—3/30 (10 wks) **Fee:** \$120.00

Place: WMS Café

Guitar Group Lessons



Have fun learning the fundamentals of guitar from our talented local singer, songwriter, and guitarist! Frank Enea, creator of "The Night Begins to Shine" and character on

Cartoon Networks hit show "Teen Titans Go!" will offer after school lessons. Playing guitar is a lifelong hobby and assists in a child's development, instills confidence, inspires creativity, and yeah, it's cool too! This group lesson is customized to meet the student's own goals and skill sets. Check out his website by [clicking here](#). Further questions about lessons can be answered by emailing satellitemusicco@gmail.com.

Day: Wednesday **Time:** 3:00 – 3:45pm

February: 2/2—2/23 (4 wks) **Instructor:** Frank Enea

March: 3/2—3/23 (4 wks)

April: 3/30—4/27 (4 wks ~ no class 4/20)

Fee: \$180.00/session **Place:** WMS Music Room

WMS AFTER SCHOOL

Enjoy Your Journey



Looking to make new friends, create, and learn some inspiring life lessons? This 8-week course will take you on a journey to see how wonderful the world is when you change your outlook when you start to really see the wonder in you. The group will learn about gratitude, self-love, self-care, positive self-talk, friendship, resilience, good decision-making, and empathy. All topics are taught through games, meditation, art, role-plays, writing, and fun.

Day: Thursday

Time: 2:45 – 4:00pm

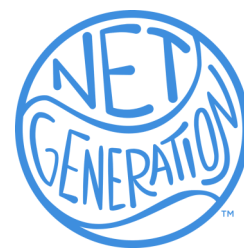
Dates: 2/3—3/24 (8 wks)

Fee: \$96.00

Place: WMS Library

Instructor: Kelly Viera

Net Generation Tennis



This program is for beginners or players on a path to develop their tennis skills in grades 5-8. The program is taught with Net Generation games and lesson plans, a USTA national program for beginner and intermediate players. The class is highly interactive with all players constantly participating. Players should wear loose comfortable clothing and sneakers. Extra racquets are available.

Day: Thursday

Time: 2:45—3:45pm

Dates: 2/3—3/24 (8 wks)

Fee: \$120.00

Place: WMS Gym

JUNIOR GOLF LESSONS

Golf Lessons for Juniors

This program is open to boys & girls, ages 7-14, of all skill levels and designed to provide a solid base in the fundamentals of golf, as well as get young golfers ready to play and enjoy the game. Beginners who have never played and more experienced players who want to improve their game will benefit from classes.

Class 1: Introduction/set-up and swing with irons.

Class 2: Review/set-up and swing with woods.

Class 3: Pitch shots and bunker play.

Class 4: Chipping and putting.

During classes, the group will also work on faults and fixes, drills, rules & etiquette, course management, and strategy, some computer video swing analysis and more. Bring your own clubs or Golf Quest will provide them for you. A 7 & 5-iron will be used during the first class.

www.golfquestranges.com

February: Wednesdays 2/2—2/23

March: Thursdays 3/3—3/24

April: Wednesdays 4/6—4/27

Fee: \$150.00

Time: 4:30—5:30pm

Place: Golf Quest, 1 Sand Cut Rd., Brookfield



REC BASKETBALL

Rec Basketball Leagues rely on adult volunteer coaches. Without your help, these leagues would not be able to run. ***If you are able to assist as a coach, please let us know at the time of registration for your son or daughter.***

Girls Basketball—Grades 6—9

This is a recreational league for girls in grades 6-9 that focuses participation and fun, not competition. No experience is necessary and girls of all skill levels can join. Evaluations will be held the first two weeks with the participating in drills and scrimmages that will help determine teams. Schedules will be emailed to each player once teams are set. Teams will have practices followed by a game each week. Games are played between other Brookfield teams and are officiated by high school certified officials. Game times for girls teams are generally 12:00pm, 1:30pm, or 3pm each week. Late season games and playoffs may be played on a weeknight. Supervisors for the program are Steve Kolitz, Jason Maxwell, Lisa DiLullo, and Desirae Smyser

Days: Saturday

Dates: 1/8—3/5 (9 wks)

Fee: \$108.00

Place: BHS Gyms



Boys Basketball—Grades 6 & 7, 8 & 9, 10-12

Boy's rec basketball leagues will begin on Jan. 8th 2022 at Brookfield High School with two weeks of evaluations. Regular season games will begin the week of Jan. 15th and run 7 weeks. Games are played between other Brookfield teams and are officiated by high school certified officials. Time and format of the league will vary depending on the number of players and teams. Generally, boys in grades 6/7 play at 8:00 or 9:30am, boys in grades 8/9 at 11:00am or 12:30pm, and boys in grades 10-12 at 2:30 or 3:45pm. Late season games and playoffs may be played on a weeknight. Supervisors for the program are Steve Kolitz, Jason Maxwell, Lisa DiLullo, and Desirae Smyser

Days: Saturday

Dates: 1/8—3/5 (9 wks)

Fee: \$108.00

Place: BHS Gyms

COMMUNITY

Brookfield Parent Support Network

Join us for free, confidential, and informal monthly meetings. For parents concerned about their kids who struggle with anxiety, depression and/or emotional dysregulation. For more information please email brookfieldpsn@ymhproject.org

Sponsored by Brookfield Cares, Brookfield Education Foundation and The Youth Mental Health Project.

Boy Scouts Open House

The Boys Scouts Troop 135 and 235 will hold a Spring Open House on Thursday, March 10th at 7pm at Huckleberry Hill Elementary School. The meeting is open to community members who may be interested in joining the Scout movement. This opportunity is open to both male and female scouts, ages 11-17. For additional info, email airielle.smith@yahoo.com

YOUTH SPORTS ORGANIZATIONS:

Brookfield Baseball & Softball Association (BBSA)

www.brookfieldbbsa.com

Steve Harding Sr. – President
proff1960@aol.com ~ 203-770-4424

Brookfield Pop Warner Football & Cheer

www.brookfieldpopwarner.com

Douglas Sylvia - President - dsylvia73@att.net

Brookfield Lacrosse Club

www.brookfield-lax.org

Jeff Praissman – President
jpraissman@gmail.com

Brookfield Soccer Club

www.brookfieldsoccer.org

Sam Ramzy-Registrar
registrar@brookfieldsoccer.org

Brookfield Basketball Association (BBA)

Travel Basketball for grades 4-8

www.bbabrookfield.com

brookfieldbbapresident@gmail.com

COMMUNITY

Frequently Requested Contact Information



Boy Scouts	Ken Witmyer	ken.witmyer@gmail.com
	Airielle Smith	airielle.smith@yahoo.com

Cub Scouts	Sara Vannucci	
	Katie Rose	Cscout135@gmail.com
	Orie	

Brookfield Education Foundation (BEF)	brookfieldeducationfoundation@gmail.com
--	--

Conservation Commission	Land Use Office	(203) 775-7316
--------------------------------	-----------------	----------------

Garden Club	brookfieldgardenclub@yahoo.com
--------------------	--

Girl Scouts	https://www.gsofct.org
--------------------	---

Brookfield Lion's Club	Pam Tanz	pamelajtanz@gmail.com

MOMS Club® of Brookfield	Stephanie Sikora	
	themomsclubofbrookfield@gmail.com	

Senior Center	(203) 775-5308
----------------------	----------------

Women's Club of Brookfield	Cynthia Buzcek	(203) 470-7291
	Laura Pizziruso	(203) 775-6283